

SOCIAL DISTANCING: What does it mean?

ALABAMA
PUBLIC
HEALTH

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings, and canceling events.

AVOID

- Group gatherings
- Sleepovers
- Playdates
- Crowded retail stores
- Visitors in your house
- Non-essential workers in your house
- Sharing rides with non-household members

USE CAUTION

- Visit a grocery store
- Get take-out
- Pick up medications
- Participating in sports

SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chats
- Stream a favorite show
- Call to check on a friend or elderly neighbor